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IN WITH THE NEW

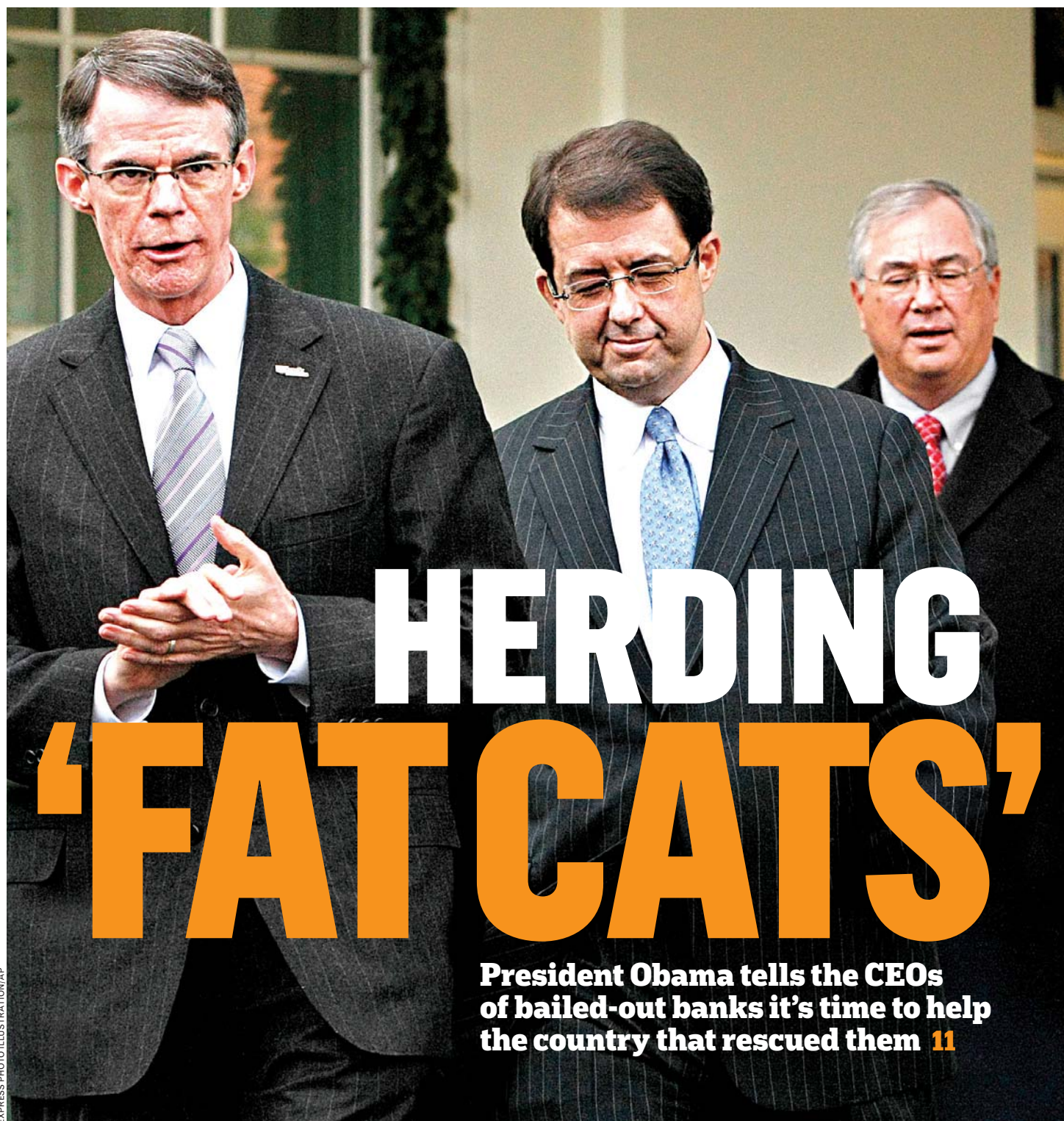
Alicia Keys' latest shows a more mature, contemporary artist **25**

A GLOBAL RIFT

Climate talks stall over division between rich and poor nations **8**

LOST AND FOUND

Millions of e-mails missing from the Bush White House turn up **4**



HERDING 'FAT CATS'

President Obama tells the CEOs of bailed-out banks it's time to help the country that rescued them **11**

am **58** **34** pm

FOR EXTENDED FORECAST, SEE PAGE 29

EXPRESS PHOTO ILLUSTRATION/AP

eo

EYE OPENERS

EyeOpeners Rule No. 8: You Can Drive Anything Drunk

The bidding on eBay topped out at more than \$1,000 for a motorized bar stool that a Newark, Ohio, man rode right into an arrest for drunken driving. The online auction ended Sunday with a winning bid of \$1,125 for the contraption Kile Wygle crashed in March. The bar stool was listed on eBay by Licking County, which had seized it and planned to use the sale proceeds for back child support Wygle owed. (AP)

From the Dept. of Who Gave This Guy Funding Anyway?

Removing a Band-Aid fast is less painful than doing it slowly, according to a study out of Queensland, Australia's James Cook University. On a scale of zero to 10, quick removal scored 0.92; slow removal scored 1.58. Researcher Carl O'Kane says the pain is mostly psychological. (EXPRESS)

Tacky Deer Haunt Forest

Residents in Colorado Springs, Colo., have been reporting a deer with a tangle of Christmas lights wrapped in its antlers. Neighbors have tried to chase the buck to remove the lights, with no success. State wildlife officials say it's not unusual for deer to get tangled in outdoor decorations. Wildlife managers say they simply leave decorated deer alone unless they hear reports of deer with cords caught around their necks or mouths. (AP)

The Big Picture



PASSENGERS IN OLD-FASHIONED garb caught a ride in an antique subway car Sunday as part of a "Vintage Tea Party" hosted by Levys' Unique New York tour group. New York City is running a subway train with cars from the 1930s to 1970s every Sunday this month from Manhattan to Queens. (EXPRESS)

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In Brief

CHICAGO

Prosecutors: Suspect Knew of Plot in Mumbai

A Chicago man accused of planning a terrorist attack against a Danish newspaper knew in advance about a plot to attack Mumbai and offered congratulations to the killers afterward, federal prosecutors charged Monday. Prosecutors said Tahawwur Hussain Rana learned an attack was about to happen while traveling in Dubai days before the Nov. 26, 2008, attack in India that left 166 people dead. Rana is charged with providing material support to terrorists. (AP)

ROCHESTER, N.Y.

Crash Blamed on Pilot

A pilot's inattention and failure to follow safety rules likely caused a commuter plane to plummet from the sky near Buffalo in February, killing 50 people, the airline told federal investigators. The Air Line Pilots Association argues that Colgan Air failed to prepare the pilots for the freezing conditions they faced. (AP)

MIAMI

Bacteria Found at Hotel

About 300 guests have been moved from a Miami hotel after Legionnaires' disease struck at least three former guests. Health officials said the EPIC Hotel installed a water filter powerful enough to remove chlorine from its water, encouraging bacterial growth. (AP)

Cracks in Health Care Coalition

Senate Dems reach moment of truth in long debate over bill

Washington

The end game in sight, Senate Democrats coped with stubborn internal differences and implacable Republican opposition on Monday in a struggle to pass health care legislation by Christmas.

A liberal-backed call to expand Medicare as part of the legislation drew strong opposition from Sen. Joe Lieberman, I-Conn., and quieter concerns from a dozen Democrats, raising significant doubts about its ability to survive.

Congressional officials said the administration was recommending the provision be jettisoned to clear the way for the most sweeping health care legislation in a half-century. In response, a top presidential aide, Dan Pfeiffer, said, "The White House is not pushing [Senate Majority Leader Harry] Reid in any direction; we are working hand in hand with the Senate leadership to work through the various



Sen. Joe Lieberman, I-Conn., center, is threatening to join a filibuster of the Democratic Party's health care legislation.

issues and pass health reform as soon as possible."

Disputes about abortion, and the importation of prescription drugs from Canada and other countries also flared.

In an attempt to generate support for the bill, Reid promised late in the day that any final compromise with the House would completely close a gap in Medicare prescription drug coverage generally

known as a "doughnut hole."

Democrats are "looking for 60 votes," said Dick Durbin of Illinois, the party's second-ranking Senate leader — a statement that has characterized their effort to overcome Republican opposition for months.

President Obama invited all Senate Democrats to a meeting at the White House Tuesday — possibly the final day for an agree-

ment if the bill is to clear the Senate before Christmas.

The president's Monday schedule included a meeting with Sen. Bob Casey, D-Pa., who has been trying to negotiate a compromise on the abortion issue with Sen. Ben Nelson, D-Neb. Both senators oppose abortion, but Nelson has been outspoken in demanding changes in the bill before he will vote for it. DAVID ESPO (AP)



CREATIVE LIBERTIES

Cable television's History network is planning to shoot a scripted series, its first ever, on the Kennedy political family. The eight-hour series will be told in a multigenerational manner akin to "The Godfather," according to the network, with a manipulative, egocentric father portrayed as living out his ambitions through his sons. No casting has been announced for the series, which is scheduled to air in 2011. (AP)

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Nation

Bush-Era E-Mails Found

22M administration messages recovered; groups drop lawsuits

Washington

Computer technicians have found 22 million missing White House e-mails from the administration of President George W. Bush, and the Obama administration is searching for dozens more days' worth of potentially lost e-mails from the Bush years, according to two groups that filed suit over the failure by the Bush White House to install an electronic record-keeping system.

The two private groups — Citizens for Responsibility and Ethics in Washington, and the National Security Archive — said Monday they were settling the lawsuits they filed against the Executive Office of the President in 2007.

It will be years before the public sees any of the recovered e-mails because they will now go through the National Archives' process for releasing presidential and agency



E-mails sent during President George W. Bush's administration had been missing.

records. Presidential records of the Bush administration won't be available until 2014 at the earliest.

Meredith Fuchs, general counsel to the National Security Archive, said "many poor choices were made during the Bush administration, and there was little concern about the availability of e-mail records despite the fact that they were contending with regular subpoenas for records and

had a legal obligation to preserve their records."

"We may never discover the full story of what happened here," said Melanie Sloan, CREW's executive director. "It seems like they just didn't want the e-mails preserved."

The two groups say the 22 million White House e-mails were previously mislabeled and effectively lost. **PETE YOST (AP)**

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Nation

Surge Timeline in Doubt

General: Troops for Afghan conflict may fall behind schedule

Armed Forces

The military may not finish its surge of 30,000 American troops to Afghanistan until nearly a year from now, a senior U.S. commander said Monday — a slower pace than President Obama has described.

The White House insisted it was sticking with a goal of completing the buildup by late summer.

The reinforcements begin arriving next week, and the bulk of the troops are scheduled to be in Afghanistan by the end of summer. But it will probably be nine

“We’re still working the speed at which [troops] can come in.”

— LT. GEN. DAVID RODRIGUEZ, THE SECOND-HIGHEST U.S. COMMANDER IN AFGHANISTAN, DESCRIBING EFFORTS TO SEND MORE TROOPS TO THE COUNTRY.

to 11 months before all the troops are in place, Lt. Gen. David Rodriguez said.

The timing is important. The sooner the full complement of 30,000 can get there, the sooner the added firepower might have an effect on turning around the war and creating conditions that will allow the Pentagon to proceed with

Obama’s promise to begin withdrawing troops in July 2011.

“We’re still working the speed at which they can come in, and so we’ll see how much faster that they can come in,” Rodriguez said.

White House spokesman Robert Gibbs said Obama still “believes we should get our troops in there by the end of the summer.”

Several defense officials provided a similar timeline Monday, saying Defense Secretary Robert Gates has indicated that all of the troops should be in place by summer’s end.

Afghanistan is logistically tougher than Iraq, in terms of a troop buildup, because it is landlocked and lacks an extensive network of highways. (AP)

A Star Search Is Born



SENIOR AIRMAN ANDREW SATRAN/AP

THE LAUNCH OF A DELTA II ROCKET is seen from Vandenberg Air Force Base near Lompoc, Calif., early Monday. The rocket set off on a \$320 million mission to search for hidden asteroids, comets and other celestial objects. The Wide-Field Infrared Survey Explorer, or WISE, will produce the most comprehensive map yet of the cosmos, according to NASA.



BLING

Two of the world’s most famed blue diamonds will be on display together in Washington starting in January. The 31.06-carat Wittelsbach-Graff Diamond (shown left) will join the 45.52-carat Hope Diamond at the Smithsonian’s National Museum of Natural History on Jan. 28, the museum announced on Monday. It’s the first time in more than a half-century that the Wittelsbach gem has been on public display, and it will remain on display at the museum until Aug. 1. (AP)





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World

Iran: Arrests Made for Torn Photo of Leader

Tehran, Iran

Iranian authorities have arrested several people accused of destroying photos of the Islamic Republic's founder and the current supreme leader at student demonstrations, state media said Monday.

Tehran's prosecutor promised to show "no mercy" to those responsible, but the news reports carrying his remarks gave no details on who was arrested.

In protests on university campuses last week, supporters of Iran's pro-reform opposition movement burned and trampled on pictures of Supreme Leader Ayatollah Ali Khamenei. But the protesters have denied government claims they also tore up a photo of the leader of Iran's 1979 revolution, the late Ayatollah Ruhollah Khomeini. (AP)

Dispute Clouds Climate Summit

Battle over emission reductions suspends talks for most of day

Copenhagen

The atmosphere at the U.N. climate conference grew more tense and divisive after talks were suspended for most of Monday's session — a sign of the developing nations' deep distrust of the promises by industrial countries to cut greenhouse gas emissions.

With only days left before the conference closes Friday, at least one world leader said he would come early to try to salvage the negotiations, and others reportedly were considering the move.

The wrangle over emission reductions froze a timetable for government ministers to negotiate a host of complex issues. Though



Climate activists dressed as bears stage a demonstration in Copenhagen Monday.

procedural in nature, the Africa-led suspension went to the core of suspicions by poor countries that wealthier ones were trying to soften their commitments and evade penalties for missing their targets.

Talks were halted most of the day, resuming only after conference pres-

ident Connie Hedegaard of Denmark assured developing countries she was not trying to kill the Kyoto Protocol, the 1997 document that requires industrial nations to cut emissions and imposes penalties if they fail to do so. Kyoto makes no demands on developing countries.

Meanwhile ...



Former U.S. vice president Al Gore said at the conference on Monday that new data suggest a 75 percent

chance the entire Arctic polar ice cap may disappear in the summertime five to seven years from now. Gore, who won the Nobel Peace Prize for his work on climate change, joined the foreign ministers of Norway and Denmark in presenting two new reports on melting Arctic ice. (AP)

The delay came just days before President Obama, Chinese Prime Minister Wen Jiabao and more than 110 other world leaders were scheduled to arrive to cap two years of negotiations on an agreement to succeed Kyoto. ARTHUR MAX (AP)

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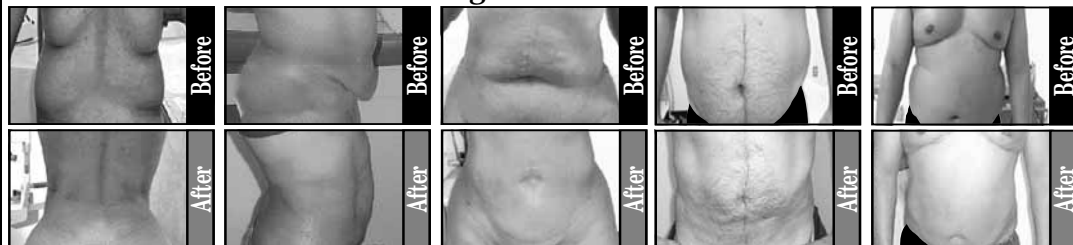
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Pakistan Probes Five Americans

Karachi, Pakistan

Pakistani police Monday seized luggage and a cell phone from a hotel where three of five Americans arrested on suspicion of militant links stayed, while a court ruled the men cannot be deported until judges review the case.

Police allege the young Americans intended to join militants in the northwest tribal areas and then travel to Afghanistan before their arrest last week. The case has fanned fears that Americans and other Westerners are heading to Pakistan to link up with al-Qaeda and other militant groups.

Police searched the mid-range Saddam Hotel in the southern city of Karachi, the country's commercial hub, where some of the men stayed on Nov. 30 after their arrival in the country. They found five travel bags containing clothes, a cell phone and a book, police official Abdullah Sheikh said.

Hotel manager Mohammed



A policeman examines the suitcase of an American man arrested in Pakistan.

Farooq Khan said the three left the hotel without informing management after staying one night.

The book was "The Pact," the best-selling true story of three young men from broken homes who pledged to support each other as they pursue academic dreams.

The detainees are accused of using Facebook and YouTube Web sites to try to connect with extremist groups in Pakistan and are said to have established contact with a Taliban recruiter. They have not been charged with any crime.

ASHRAF KHAN AND BABAR DOGAR (AP)

World



Iran will try Americans Shane Bauer, left, Sarah Shourd, center, and Josh Fattal.

Iran to Try Three American Hikers

Tehran, Iran

Iran said Monday it would try three Americans jailed since crossing the border from Iraq in July, a step certain to aggravate the U.S. at a time when Tehran is locked in a stand-off with the West over its nuclear program.

Foreign Minister Manouchehr Mottaki did not say when proceedings would begin or specify the charge other than to say the Americans — Shane Bauer, 27; Sarah Shourd, 31; and Josh Fattal, 27 — had “suspicious aims.” In November, however, authorities accused

the Americans of spying.

In Washington, Secretary of State Hillary Rodham Clinton said the Iranian move was “totally unfounded” and appealed anew to authorities in Iran to free them.

There are concerns in the U.S. that Iran could use the three, arrested July 31, as bargaining chips in talks over its nuclear program or in seeking the return of Iranians they say are missing.

“They will be tried by Iran’s judiciary system, and verdicts will be issued,” Mottaki said at a news conference, without elaborating.

NASSER KARIMI (AP)



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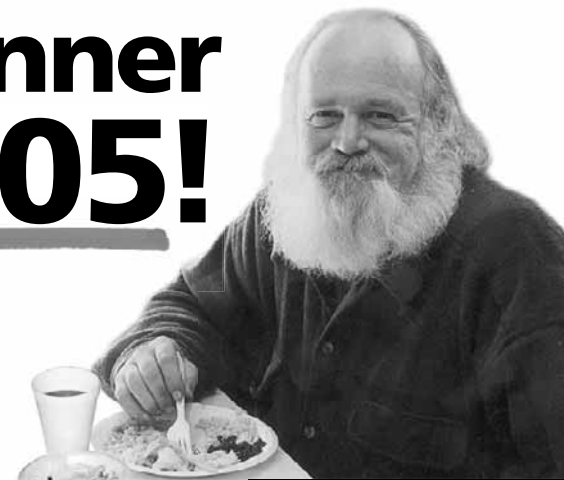


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World



Two men look at Dubai, U.A.E., on Monday, after Abu Dhabi gave Dubai \$10 billion.

Abu Dhabi Gives Dubai \$10 Billion

Last-minute bailout averts crisis for ailing property company

Dubai, U.A.E.

Oil-rich Abu Dhabi on Monday provided \$10 billion to help pay off some of the debts of an ailing property company owned by the government of neighboring Dubai, at least temporarily averting a crisis over the finances of the high-flying desert sheikhdom.

The last-minute bailout will allow Dubai World, one of the Dubai government's main holding companies, to pay \$4.1 billion due on Monday to bondholders.

Last month, Dubai officials had said that the declining fortunes of Dubai World — whose real estate development subsidiaries were hit hard by the global economic downturn — had forced them to seek a six-month “standstill” on \$26 bil-

lion in debts.

The market reaction was swift and threatened to erode confidence not just in Dubai but also in Abu Dhabi and other members of the United Arab Emirates federation and other countries in the region.

When the first significant deadline arrived on Monday, the implications of a default prompted action among officials concerned about maintaining favorable access to world capital markets, and hoping to push ahead with aggressive development plans.

The \$10 billion from Abu Dhabi — the second time this year the emirate has stepped in to help its neighbor — will also be used to pay contractors and other creditors, some of whom have abandoned Dubai because of unpaid bills. In addition, Dubai officials said they were putting in place a bankruptcy law that would govern Dubai World's reorganization in coming months.

HOWARD SCHNEIDER (THE WASHINGTON POST)

Hearsay



“As a spouse, as far as my private life is concerned, one mandate would be enough.”

— CARLA BRUNI-SARCOZY, ON WHY SHE WOULD PREFER HER HUSBAND TO NOT SEEK A SECOND TERM AS FRANCE'S PRESIDENT, IN AN INTERVIEW WITH TF1 NATIONAL TV SUNDAY.

Obama: Lend a Hand

President pushes the nation's top bankers to free up cash for ailing businesses

Washington

President Obama implored top bankers Monday to help keep the fragile recovery from faltering by boosting lending to small businesses and getting behind an overhaul of financial regulation. "We rise and fall together," Obama declared.

In response to the president's burst of populist jawboning, some banks pledged to increase loans and exercise more self-control over outsized compensation. But the full impact of Obama's intervention was hard to gauge: The government is losing leverage as major banks repay bailout loans.

Obama's lecture to the bankers was also part of a broader election-season Democratic effort to tie sluggish bank lending to continued high joblessness — and to try to tie the banking industry to Republican efforts against Obama's financial overhaul legislation.

The effort began a night earlier, when the president denounced "fat-cat bankers on Wall Street" who enjoy big bonuses but "just don't get it."

Obama called his message a simple one: "America's banks received extraordinary assistance from American taxpayers to rebuild their industry, and now that they're back on their feet, we expect an extraordinary commitment from them to help rebuild our economy."



President Obama holds a meeting on Monday with some of the country's top bankers. Obama took a diplomatic approach one day after referring to the group as "fat cats."

Ungrateful or Thrifty?

President Obama and his advisers have intensified their rhetoric against financial institutions in recent days, arguing that banks are failing to show proper gratitude for the government rescue they received last year. The amount of money on loan from banks fell by almost \$600 billion, or 7.2 percent, from September 2008 to September 2009, according to the Federal Deposit Insurance Corp. But the reasons for the lending decline are complicated. After years of foolish lending, some banks are holding back because they lack the confidence even to make good loans. But demand for loans also declines in every recession, as people and businesses delay planned purchases. (THE WASHINGTON POST)

Participants said Obama focused on four areas: Make more loans to small- and medium-size businesses, increase modifications of underwater mortgages, bring executive compensation under control, and give more support to legislation overhauling financial regulation. He urged bankers to "explore every responsible way" to boost lending and to "take a third and fourth look" at every loan application.

The bankers said they got the

message. But they also insisted they are getting conflicting messages from Washington when they do try to make more loans. While the White House presses for more lending, regulators are cracking down on banks to lend more prudently and forcing them to keep larger cushions of capital to protect against future losses.

Monday's hour-long meeting was more civil than Obama's words on "60 Minutes."

"He didn't call us any names," said U.S. Bancorp CEO Richard Davis.

Davis called the meeting "very productive" and acknowledged banks haven't done as good a job as they could in resuming lending. He said he and fellow bankers understood the public outcry over compensation and said they agreed to "make sure we are doing the job of banking, which is lending." TOM RAUM (AP)

TAKE OUR BAILOUT MONEY, PLEASE

On Monday, Citigroup and Wells Fargo became the latest U.S. banks to say they will repay their bailout



money to the government. Previously, JPMorgan Chase & Co., Morgan Stanley and Goldman Sachs also rushed to clear their debts. Why is there such a hurry to pay back the funds?

1 FOR STARTERS, paying back Uncle Sam ends government strictures on executive pay — a hot topic on and off the Hill. Bankers say these restrictions make it impossible for bailout-receiving banks to compete for top banking talent.

2 FURTHERMORE, banks are already getting plenty of federal help without the public relations blemish of counting government dollars on their balance sheet. The government's efforts to reinvigorate the economy all work in their favor.

3 FINALLY, THERE IS the public image to consider. Investors may view a bank as weak if it's still dipping into bailout funds while its peers are in the clear. Banks are also sensitive to the public anger about the bailouts. (AP, CHRISTIAN SCIENCE MONITOR)

Local

Bird of Prey Caught in Escalator

Washington

Every so often in the Washington Metro, a foot gets caught in an escalator.

Usually, the culprit is a shoe-lace or a flip-flop. On Monday, it was a bird's talon.

D.C. fire department spokesman Pete Piringer says rescuers were called to the Benning Road station in Northeast Washington shortly after 8 a.m. Monday. A large bird of prey — possibly a hawk or a falcon — had its foot stuck in the escalator.

Metro employees shut off the power, and a passer-by held the bird to keep it from injuring itself more. When firefighters arrived, they removed a portion of the escalator to free the bird.

Piringer says that despite a slightly injured foot, the bird flew to the top of a nearby gas station, where it sat for a while before continuing on its way. (AP)

Officers Accused of Hit-and-Run

Family of 18-year-old says D.C. police struck man, fled the scene

Washington

The family of an 18-year-old Northeast Washington man said that D.C. police officers hit the man with their marked cruiser Saturday night and left the scene without calling for help but returned a short time later.

Dominic Turner suffered broken ribs, internal bleeding and a back injury. He was struck about 8:30 p.m. Saturday after officers had chased him and a group of friends near 20th and Newton streets NE, family members said.

A witness said the men were running from police when the cruiser struck Turner, knocking him to the ground in an alley. It was unclear why police were chasing Turner and the others. An aunt of Turner's, Stephanie Redfearn, said



Dominic Turner, center, is helped into his house by his mother and stepfather.

officers might have thought the men were drinking because they were carrying plastic cups.

A police spokesman confirmed that a 5th District cruiser struck a man Saturday. Officers said the patrol unit was investigating the activity of two men in an alley when they fled on foot. Police said it appeared a suspect "crossed paths" with the cruiser and was struck. The department will investigate the incident. JOSH WHITE (THE WASHINGTON POST)

Hearsay

"We've waited 10 years. ... I think the opportunity to send it is now."



— VINCENT GRAY, D.C. COUNCIL CHAIR, ON ESTABLISHING REGULATIONS FOR MEDICAL MARIJUANA SINCE CONGRESS LIFTED RESTRICTIONS ON THE CITY'S DRUG POLICY.

USPS Spreads Holiday Cheer in D.C.



DISTRIBUTION CLERK Johnnie Smith works at the Friendship Heights post office in D.C. on Monday, the busiest day of the year for the U.S. Postal Service. The USPS anticipates processing 839 million pieces of mail during the holiday season.

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Mid-day Lucky Numbers	1-7-3
Evening Lucky Numbers (Sun.)	1-4-8
Mid-day DC 4	1-0-8-0
Evening DC 4 (Sun.)	6-7-5-7
Mid-day D.C. Five	1-0-5-0-7
Evening D.C. Five (Sun.)	0-1-5-9-3
Daily 6 (Sun.)	2-16-17-20-35-37 (1)

Virginia

Mid-day Pick 3	6-7-4
Evening Pick 3 (Sun.)	1-8-8
Mid-day Pick 4	5-1-5-7
Evening Pick 4 (Sun.)	7-4-9-0
Mid-day Cash 5 (Sun.)	1-4-6-7-13
Evening Cash 5 (Sun.)	1-10-12-19-33

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

Maryland

Mid-day Pick 3	6-6-8
Evening Pick 3 (Sun.)	2-2-9
Mid-day Pick 4	0-9-2-0
Evening Pick 4 (Sun.)	9-1-6-3
Match 5 (Sun.)	1-5-6-10-34 (23)

Swengali

Does a Cat Have Tiger's Tongue?

Who knew Tiger Woods was a coward?

It's been nearly three weeks since he wrecked his car and reputation in one fell swoop. His marriage appears to have been damaged long before Thanksgiving. What does the world's

No. 1 golfer have to say for himself? Not much, and all of it on his Web site.

Licking his wounds after realizing he's not above it all, Woods has simply shunned the

public that made him a billionaire.

Showing his face would have done wonders for damage control.

All he needed to do was watch David Letterman, who used his talk show to acknowledge his infidelities.

This may be the technology age, but e-mails and Web posts are still rather impersonal.

This may be the technology age, but e-mails and Web posts are still rather impersonal. Without a face full of remorse, his typed words are just that.

Woods probably detested the media before he became such tabloid fodder, yet he sucked it up and charmed us all with a huge smile and occasionally charming personality.

Going into hibernation when his charisma was most needed has fed this story for far longer than could have been imagined.

When Woods emerges, the spotlight will be intense. Can he overcome it? Probably. Most athletes in similar spots do.

All great stars love a challenge — and someday Woods may learn he made this harder on himself by not facing the music.



To reach Matt Swenson, e-mail matt.swenson@readexpress.com



BEN MARGOT/AP; TONIL SANDYSTW

Quinton Ganther, left, is congratulated by left tackle Levi Jones after a touchdown Sunday, a game in which rookie Brian Orakpo, right, had a career-high four sacks.

Redskins Ready to Play Grinch

Team can shake up the playoff race by beating top rivals

Pro Football

With three games remaining in the regular season, the Washington Redskins find themselves in the thick of the NFC East playoff race.

Of course, that's only because their next two opponents are the New York Giants and Philadelphia Eagles, both at home and in prime time.

"I'd love to be the Grinch on their Christmas," rookie linebacker Brian Orakpo said Monday, a day after his four-sack performance in Oakland. "That's what we're

aiming for. Obviously, we're not going to make the playoffs, but we would ruin some other people's seasons."

The Redskins (4-9) can feel more confident about causing some havoc after Sunday's results. The Giants (7-6) and Cowboys (8-5) both lost, while Washington beat Oakland 34-13 for the first blowout win in Jim Zorn's two years as coach.

The Redskins have held fourth-quarter leads for five-straight weeks. Although they lost three of those games and feasted on a backup quarterback to win the other two, they are unquestionably playing their best football of the season — even if it is too little, too late.

The cast of characters certainly isn't the same as envisioned in Sep-



Man of Many Roles

Devin Thomas, punt returner? The second-year receiver recently replaced Rock Cartwright as the primary kickoff returner. Now he's eager to fill in on punt returns for Antwaan Randle El, whose fumble on Sunday added to his woes this season. "If the coaches feel confident in me that they put me in more positions to help us win, why wouldn't I want to do that?" Thomas said Monday. (RWP)

tember. The touchdowns Sunday came from running back Quinton Ganther and tight end Fred Davis instead of Clinton Portis and Chris Cooley, both on injured reserve. Graham Gano made two field goals in his first NFL game.

Many of the players who made some noise Sunday — notably Orakpo, Davis, Thomas and Ganther —

are young building blocks, giving the team a head start on its off-season reclamation project.

"Those players have been significant," Redskins coach Jim Zorn said, "because they've gotten their shot and they've actually worked into a position where they've created value for themselves and our football team." JOSEPH WHITE (AP)

Giants Back Beleaguered Defensive Coordinator

Pro Football

New York Giants coach Tom Coughlin is sticking with Bill Sheridan as his defensive coordinator.

Hours after the defense gave another pitiful performance in a 45-38 loss to the NFC East-leading Philadelphia Eagles, Coughlin on Monday gave Sheridan a vote of confidence, saying he was satisfied

with the game plans developed by his rookie coordinator.

"I am disappointed in the results, obviously," Coughlin said after the Giants (7-6) lost for the sixth time in eight games. New York faces the Redskins next Monday night.

The slump has dropped New York a game behind Dallas in the race for the final wild-card berth, and much of it can be traced to

the defense.

After getting off to a 5-0 start, the defense has given up an average of more than 32 points in its past eight games, including three games where the opposition has scored 40 or more points. New York ranks No. 28 in points allowed, leading only Detroit, St. Louis, Tampa Bay and Kansas City, teams that have combined for seven wins. (AP)

Hearsay

"We lost a game. We haven't lost a season. I don't think it's doom and gloom."

— COWBOYS COACH WADE PHILLIPS, WHO SAID HE REMAINS CONFIDENT IN HIS TEAM DESPITE TWO-STRAIGHT LOSSES.



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Sports



Roy Halladay is a six-time All-Star and was the AL Cy Young Award winner in 2003.

**Phillies Near Deal
To Land Halladay**

Source: Major trade pending physical for ex-Cy Young winner

Pro Baseball

Toronto pitcher Roy Halladay was in Philadelphia on Monday to take a physical for the NL champion Phillies, according to a person with knowledge of the situation — a necessary step before the teams complete a potential blockbuster trade involving the former Cy Young Award winner.

The person spoke Monday on condition of anonymity to The Associated Press because the teams had not made any announcement.

Halladay is the most prized pitcher on the trade market. A six-time All-Star and the 2003 AL Cy Young Award winner, the right-hander went 17-10 with a 2.79 ERA for the Blue Jays last season. He led

the majors with four shutouts and nine complete games while throwing 239 innings, second to Detroit's Justin Verlander (240).

The 32-year-old Halladay can become a free agent after the 2010 season, so Philadelphia likely wants a long-term contract extension as part of a trade.

Aware they probably couldn't afford to keep Halladay beyond next season, the Blue Jays shopped their ace before the July 31 trade deadline. The Phillies were thought to be involved in talks involving Halladay at that point, but instead they landed lefty Cliff Lee from the Cleveland Indians for four minor leaguers.

SI.com reported Monday that Lee, who also can become a free agent after next season, is expected to be traded to Seattle as part of a three-team deal that would send Halladay to the Phillies.

ROB MAADDI (AP)

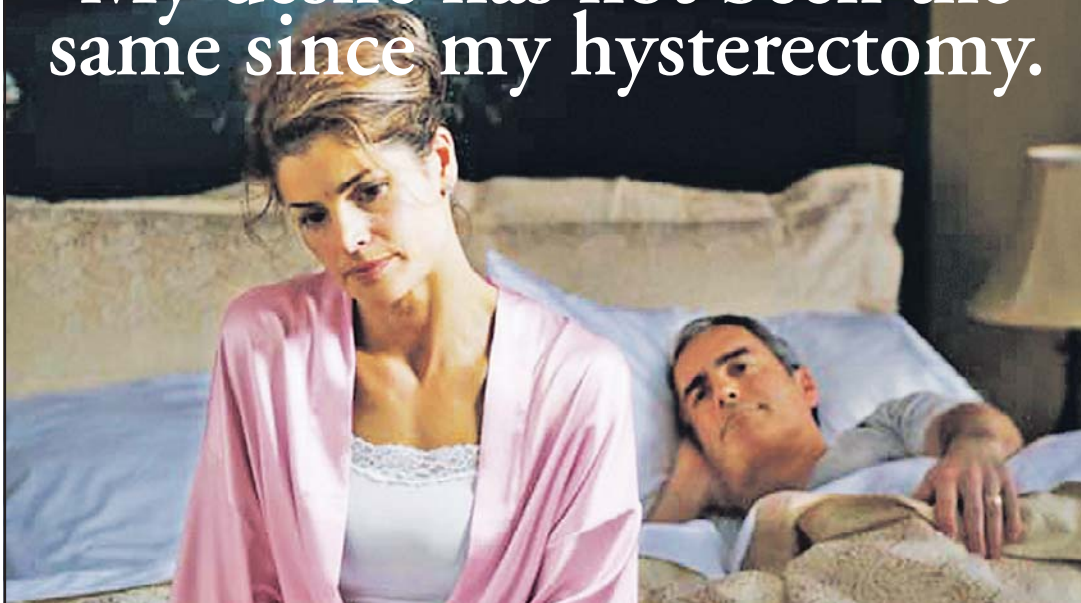
TV Lineup

CAPITALS (9:30 P.M., CSN) The Caps try to snap the Colorado Avalanche's two-game winning streak as Washington heads west.
PRO HOCKEY (7 P.M., VERSUS) In-state bragging rights are on the line when the Pittsburgh Penguins and

Philadelphia Flyers face off.
COLLEGE HOOPS (7 P.M., ESPN2) Duke aims to avoid an upset when hosting Gardner-Webb.
NBA (8 P.M., WGN) Kobe Bryant and the Los Angeles Lakers take on Derrick Rose and the Chicago Bulls.

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Sports

Tiger Loses Popularity

ABC-Post poll shows scandal has soured fans on star golfer

Golf

More than four in 10 Americans now hold an unfavorable view of Tiger Woods, and nearly as many say companies should steer clear of using the golf great as a product pitchman, according to a new Washington Post-ABC News poll.

Woods, broadly popular in polls over the decade, has taken a big public hit in the aftermath of his admission of "personal sins" in response to spiraling allegations of extramarital affairs. In the new poll, 43 percent say they view Woods unfavorably, with more than one in four seeing him in a "strongly" negative light. About as many, 42 percent, have favorable impressions, but that number has been sliced roughly in half compared to that of recent years.

Men tilt favorably toward Woods, while women lean negatively. (Men are 46 percent favorable, 41 percent unfavorable; women are 39-45.)



An Accenture ad featuring Tiger Woods is shown at Dulles Airport on Monday.

Meanwhile ...

Swiss watchmaker Tag Heuer says it will spend the next few weeks assessing its endorsement relationship with golfer Tiger Woods. Monday afternoon's statement marked a less enthusiastic stance about the world's richest athlete than the company took earlier in the day. That's when a spokeswoman told The Associated Press the company would continue with Woods, whom she called "the best in his domain." (AP)

Among those who count themselves as golf fans, Woods fares a little better, with 62 percent seeing him favorably.

More than a third of fans and non-fans alike say they think companies should not continue to use Woods to endorse their products and services. One of Madison Avenue's brightest stars, Accenture severed its six-year contract with Woods Sunday, and reports have other companies reconsidering their arrangements with the world's No. 1 golfer. JON COHEN (THE WASHINGTON POST)

100 The number of consecutive wins Penn State's women's volleyball team has accumulated. The Nittany Lions advanced to the national semifinals for the third-straight year by defeating California Saturday in what was coach Russ Rose's 999th victory. (AP)

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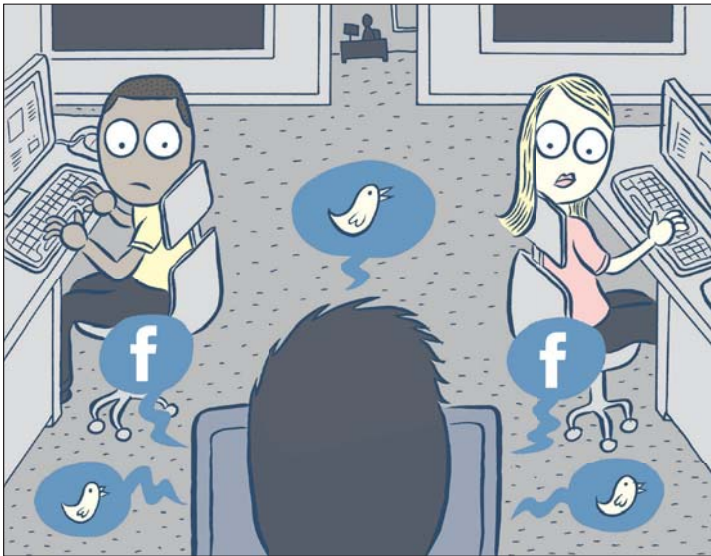


GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

Should You Tattle on the Tweet-aholic?

Q My co-worker spends more than 50 percent of his workday blogging and tweeting, neither of which is in his job description. The whole office (except the managers) knows what he's up to, and we're all annoyed by his blatant disregard for his responsibilities. It creates more work for others, and it's insulting to me that he's paid slightly more than me to engage in non-work activities most of the day. What should I do? — NO NAME, PLEASE

Are you certain in your assessment? Generally doing anything but working, I can totally see (for 90 percent of the day!), but do you have real evidence of his time online, or is he just the least effi-



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cient person ever?

There are a few options here, depending on your tolerance for confrontation. Some people have luck approaching the person discreetly and directly, especially when being handed work that should

have gone to him. But that could be dicey, depending on the personalities involved. If the managers are truly oblivious, that needs to be remedied. Not by directly tattling or printing out tweets 314-327, but by having a more general discus-

sion about workflow and how there seems to be a breakdown. Choose the most trustworthy one, and have your say. But bear in mind, dysfunctional workplaces aren't always easily remedied.

Comments vs. Commitment

Q The guy I've been dating the last four months has a lot of qualities I've been looking for. But he sometimes makes comments that betray the fact that he had a much different upbringing than I. It's not like they're totally offensive — they're just not amusing and make him come across as uneducated. I don't know how to describe these comments without being too specific. But I am wondering whether this is a deal-breaker. — WONDERING, VA.


There are a lot of things I can tell you — the definition of cognitive dissonance, the history of psychoanalytic theory, how to get

candy off of a signed tax return — but, unfortunately, whether this is a deal-breaker is not one of them. The calculus that goes into deciding that relies on your feelings alone.

For some, the third "Beavis and Butt-Head"-like comment would be grounds for dismissal, but for others, it's easily ignored. (A perhaps much smaller segment would find it swooning material.) How do his comments make you feel? Is it about worrying what others think, or is it more visceral? Are you growing more attached or more distant? Every partnership of two people involves taking into account every aspect of each other when determining compatibility. But it can't be done by a computer, or a psychologist writing an advice column. Give it some more time, and, ultimately, your gut instincts will have to be your guide.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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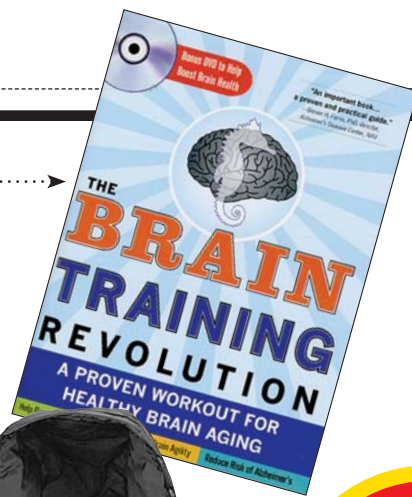
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GRAY MATTERS



Time to join a gym, writes Paul Bendheim in "The Brain Training Revolution" (\$24.99, Sourcebooks). He doesn't mean the kind with treadmills — although physical exercise boosts brain function, too. He's all about the "world brain gym," which involves learning, socializing and creating.



COAT CHECK



It seems winter has decided it's time to attack Washington, but you can fight back frosty temps by zipping up the North Face's Metropolis Parka (\$279, Thenorthface.com). The coat covers you from head to knee with down insulation, and protects against wind gusts with both a zip and a snap closure.



BRANCH OUT



In honor of the climate talks in Copenhagen — and the last few days of that oil-celebrating holiday of Hanukkah — why not stock your pantry with Gaea extra-virgin olive oils (Gaea.gr), which have been carbon neutral-certified? Not only is it healthy for the environment; it's healthy for your heart.



NEW
IN HEALTH
**warm
ups**

SAVING FACE



If you're headed for a winter holiday, pack La Fresh Facial Cleansing Cloths (\$8.99, Lafreshgroup.com). They're dry, so they can ride in your carry-on, but splash them with water and they lather up to wipe away oil and makeup.



GUINEA PIG



You've Gotta Keep Them Separated?

Injinji Outdoor Series Performance Toesocks (\$16) promise to align toes "for better posture, gripping and balance," wick away between-toe sweat, and eliminate the threat of blisters when toes get a little too close.

First, you must convince your toes to break it up. It took a full minute to arrange each little piggy in its proper container. But there was no weird feeling or sock slippage on a bike ride or on outdoor and treadmill runs, just a slight awareness that each toe was surrounded by something other than its neighbors. Blistering did not occur. Sweat among toes was indeed minimal. As for balance, however, we felt no boost. The "micro-fine" merino wool was comfy, but outdoorsy feet will find that, just as mittens trump gloves for keeping digits warm, regular socks are toastier than toe ones. MARC SILVER

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Holiday Cheer for Your Rear

Don't wait for Santa — treat yourself to one of these exercise DVDs for a quick fitness fix. Even if you're crunched for time, you can crunch your abs — and still finish that gift wrapping. VICKY HALLETT (EXPRESS)

Element: Yoga For Weight Loss (\$14.98) Travel to a garden overlooking the Pacific Ocean, where Ashley Turner alternates between vinyasa flow sequences and body-strengthening segments. The 50-minute practice is straightforward enough for beginners, but more advanced yogis will still feel physically challenged.	Pussycat Dolls Workout (\$14.98) No need for dumbbells, but make sure you have a boa. Otherwise, you won't be able to pull off Robin Antin's sassy burlesque choreography peppered with butt slapping, grinding and even some stripping. The dancers' bodies — especially the one on Nicole Scherzinger — are super-motivating.	Exhale: Core Fusion Pure Abs and Arms (\$17.99) Fred DeVito and Elisabeth Halfpapp have created five 10-minute segments that bring a dancer's awareness to gym staples such as hammer curls. You'll wish you could get out of holding that killer C-curve during the abs segments, but the requisite resistance band comes in the DVD box.	The Biggest Loser: 30-Day Jump Start (\$14.98) Instead of Bob Harper and Jillian Michaels, this workout is led by three former contestants, who wobble and huff but are pretty darn good as they go through five 10-minute workouts (two levels of cardio, upper body, lower body and abs). And there are great modifications for folks just starting out.
10-Minute Solution: Five Day Get Fit Mix (\$14.98) Amy Bento's devised five varied 10-minute segments — everything from cardio kickboxing to power yoga — that waste no time. She calls "lean body sculpt" her fave and you may, too, after feeling the power of compound movements, like biceps curls while kicking one leg behind you.	Yogaworks for Everybody: Beginners AM/PM (\$14.98) You'll feel like a pro after this 45-minute practice with detailed cueing (and an additional 15-minute tutorial breaking down fundamental poses such as downward-facing dog). Plus, there are two other segments: a 10-minute "Wake-Up" and a 10-minute "Relax and Restore."	Dance With Julianne (\$14.98) "Dancing With the Stars" veteran Julianne Hough teaches viewers how to put the flirt into a cha-cha, use body height levels during a frenetic jive and add shape to a paso with strong movements ("No spaghetti arms!"). Confused? Check out the "Personal Dance Lesson" segment to get more pointers.	Denise Austin: 3-Week Boot Camp (\$14.98) Even after decades of ruling in the fitness biz, Denise Austin still manages to be on trend. The first of the two 20-minute workouts features interval work, switching between cardio and weight lifting. The second one adapts dumbbells to kettlebell-inspired moves, such as swings and windmills.

Dance and Be Fit: Hip Hop Cardio (\$14.95)

Prepare to work your facial muscles. Your smile's not going anywhere while Sarita Lou gets you moving through a surprisingly sweaty warm-up and two 20-minute dance routines: "Old-School Cardio Party" and "Sexy Sculpt." You'll do the cabbage patch (while spinning in a circle!), the rock steady (cross one leg in front of the other and tap your front toe) and core-firming chest pops. (See box for more info.)



BODYTALK

Confessions of A DVD Debut

Sarita Lou, your guide to "Dance and Be Fit: Hip Hop Cardio," has a much wider repertoire than the cabbage patch. For the past 10 years, she's taught movement of all kinds, from modern to West African. But what she's never done before is a fitness DVD, so we got her to dish on her first time.

● **PREPARATION:** "I really studied old-school moves to break them down. I watched 'House Party' and the Fly Girls from 'In Living Color' for research. The moves are big and eye-catching, and kind of dorky. But people are doing this in their homes, so it doesn't have to be cool."

● **PERSPIRATION:** You'll definitely feel the deep plies and hip shaking in your lower body, but Lou says those rib cage isolations are secretly killer for the abs, too. "While creating this, my body became so strong," she adds.

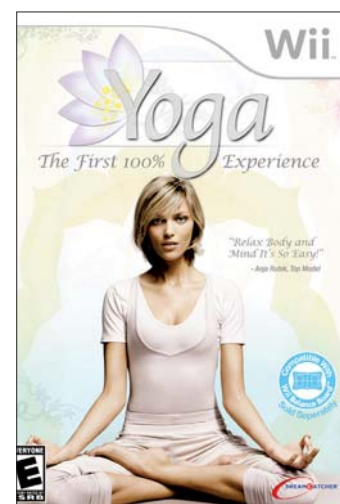
● **FOOTWEAR:** What's up with all of her urging to "show off your shoes" throughout the DVD? Partly, it's because of hip-hop's appreciation for awesome sneakers. And? "I was so excited at how cool my shoes were," she admits.

● **MOTIVATION:** Lou understands what it's like to work out at home, since she relies on yoga DVDs (especially ones from Shiva Rea) when she can't make it to class. Her secret to reminding herself to do it: "I take the discs out and put them on my DVD player as a visual reminder. It's like leaving your shoes at the front door to remind you to run." v.h.

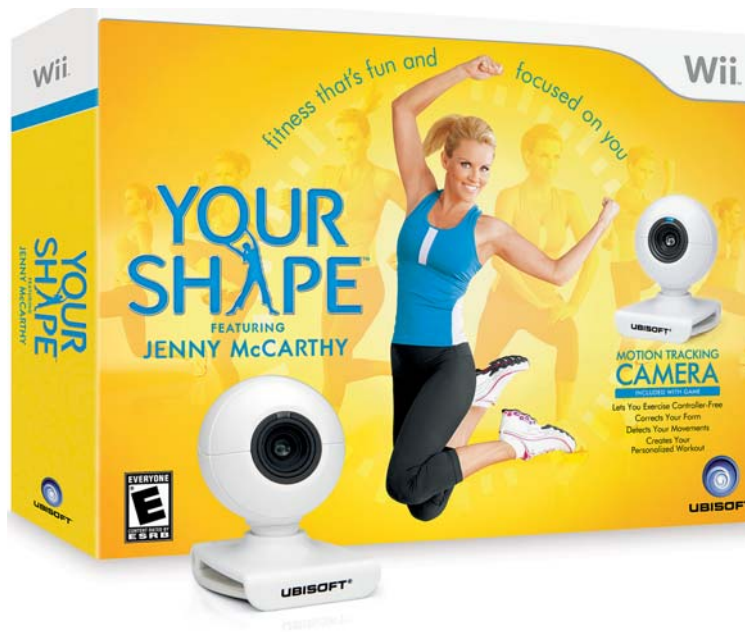
PHOTO BY LAWRENCE LUK

Your Wii's Warming Up

The exercise game market has grown stronger — as have folks playing along at home. Here's a guide to the latest, sweatiest software out there.



1 ■ If you were wondering why model Anja Rubik looks so puzzled, pop in **YOGA** (\$39.99). In “story mode,” you’re guided around an ashram to learn about the history of yoga. But how about some moves? Oh, finally, triangle pose! Unfortunately, the instructions are wrong. “Routine mode” is even more baffling — the quickie combos offer no instruction and zero Balance Board feedback.

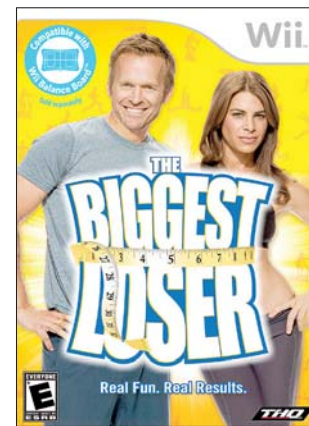


2 ■ Move over, Balance Board! **YOUR SHAPE** (\$69.99) comes with a camera you mount on your TV that reads your motions, leaving your feet free to move. To get the system to work, however, you'll need a fair amount of space — if you're not standing about 10 feet away, it can't register your leg movement. The system also dislikes poorly lit rooms. (Although you can check your work by comparing the image of you on the screen to what Jenny McCarthy's avatar is up to.) Even though the box boasts of 400 exercises, it feels a tad repetitive. Bonus points, though, for including grapevines.



3 ■ **EA SPORTS ACTIVE MORE WORKOUTS** (\$39.99) proves it's possible for a game to be both physically demanding and entertaining. Calorie-scorching routines pair traditional exercises with sporty interludes (based on activities like squash and water skiing) that make you forget you're lunging and squatting.

4 ■ You can't get much closer to the contestant experience than by joining Jillian Michaels and Bob Harper for **THE BIGGEST LOSER** (\$39.99). You even play as people from previous seasons, so no matter your starting weight, your avatar is plump. Routines are led a lot like exercise DVDs, with helpful cueing and encouragement. The Balance Board and Wiimote register how you're doing with icons at the bottom of the screen, so you'll know whether you're failing without being berated. The best part are the challenges, which pit you against other contestants in rounds of two exercises (such as tire drills and football runs).



5 ■ Newbies need to buy **WII FIT PLUS** if they want a Balance Board, but anyone would benefit from the updated game (\$99.99 with Balance Board, \$19.99 without). The addition of the preprogrammed and customizable routines helps users maximize their time, and new strength exercises and yoga moves are also welcome. But what's sure to get everyone psyched to get back to their Miis are the games, such as Bird's-Eye Bulls-Eye (don a chicken suit and flap your arms to hit targets).



One mode combines the dance pad with the Wiimote and nunchuck to add an upper-body element to the classic game, and Balance Board mode swaps the steps with hip bumps and circles. The options add variety, so you'll have more ways to master each of the 50-plus songs.

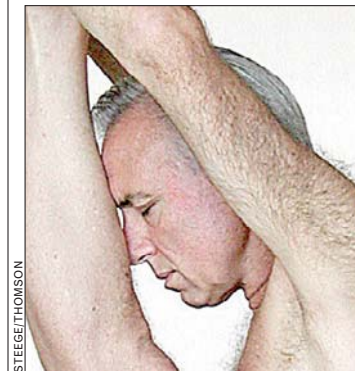
6 ■ Instead of just stepping on arrows, players facing **DANCE REVOLUTION HOT-TEST PARTY 3** (\$69.99) can take full advantage of Wii capabilities.



This title is a huge improvement over her first Wii outing — the island scenery graphics are pretty and the exercises are effective (even when the motion tracking, frustratingly, isn't). But what's up with the five-minute jogging-in-place warm-up?

7 ■ The taskmaster from “The Biggest Loser” is always yelling about doing better, so fans will be pleased to hear Jillian Michaels followed her own advice for **FITNESS ULTIMATUM 2010** (\$39.99).

MAINEVENT



From 'Yogurt' to An Active Culture

■ Thirty years ago, when John Schumacher, above, started Unity Woods (Unitywoods.com), yoga was in a very different position in Washington than it is today. There wasn't a studio in sight, and many people had never even heard of the ancient practice. “We used to get calls for the yogurt center,” he says. So, planning the anniversary celebration for Dec. 20 (6:30 p.m.-9 p.m.) at the Bethesda location (4853 Cordell Ave.) is bringing back memories of those early days.

The original idea was to set up a retreat center at his house near Frederick, a rural area that inspired the studio's name. “Yoga means union, and it was out in the woods,” Schumacher explains. “But the cosmos had a different plan for me.” That's because the house burned down, and he stayed instead in the urban jungle, expanding eventually from the Bethesda space to additional locations in D.C. and Virginia. He estimates an astonishing 40,000 students have come through in those three decades.

There's a similar story behind Joy of Motion's (Joyofmotion.org) Dupont location (1643 Connecticut Ave.), which is celebrating 30 years in a different way — by closing. Landlord woes have led the dance studio not to renew its lease (although its three other locations remain open). But director Douglas Yeuell isn't saying goodbye without a last dance on Dec. 23 (9:30 p.m.-11:30 p.m., \$20 suggested donation). Expect disco and cork-popping. v.h.

DRINKUP



Sip or Skip Those 'Energy' Shots?

The most potent shots these days aren't coming out of tequila bottles, but rather little containers of "energy" drinks. Liquid boosters such as Rockstar Energy Shot contain a blend of ingredients such as caffeine, amino acids and B vitamins, and sometimes a dash of an herbal stimulant such as guarana or ginseng. They're meant to entice cramming college students and late-night drivers — and they do. But can they really pump you up?

The ingredients may jump-start your engine, but what really does the trick is the caffeine, says Mark Kantor, associate professor of nutrition and food science at the University of Maryland. It can be as much as you'd get in a 16-ounce cup of coffee. The rest are nutrients you most likely get enough of in your diet, especially the B vitamins, says Leslie Bonci, the director of sports medicine nutrition at the University of Pittsburgh Medical Center.

The main selling point is that you can get it all in one low-calorie gulp, so no more plowing through an entire 110-calorie Red Bull, or a large latte, to get revved up. But keep in mind that the word "energy" is misleading, Bonci says. You're running on caffeine, not actual fuel (read: real food!), which is what your body needs to get powered up. "These drinks are just a stimulant," she says.

If you don't overdo it, there's no real danger. Limit yourself to one a day, and never drink more than one at a time, or you'll risk getting jittery. MAGGIE RUSCH (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH © RODALE INC.)

A Party That's in the Bag

Instead of wine, try a tea tasting for a happy buzz without any booze

It may be the most wonderful time of the year, but it's also the most full time of the year, thanks to heavy schedules of cookie munching and eggnog swilling. So, if you feel you must squeeze in another fete to celebrate your holiday cheer, do your guests a favor by planning an event that provides seasonal detox: a tea party!

It's hot, but not alcoholic, which means no hangover the next day. And if you get the good stuff that doesn't require milk or honey, it's practically calorie-free. Maybe that's why the tea tastings at the **PARK HYATT** (24th and M streets NW, 202-419-6755; Parkwashing ton.hyatt.com) have been a hit with bridal showers and other gatherings. Rather than traditional high tea, which can center on the buffet table of sweets, these events focus on some of the more unusual offerings in the hotel's cellar. With more than 50 teas, ranging in price from \$8 to \$300 a pot, there's sure to be something you've never sipped.

"It's a really sensory experience — you see, touch and smell



This Chinese green tea is a "presentation" tea, which means it opens up in warm water. Make sure you have a glass pot.

the tea you're going to taste," explains lounge manager Laura Angelucci.

You can pick a set menu, or tea sommelier Marie Hatakeyama can help come up with customized selections. Maybe you're fretting about swine flu; you'll love a pot of

Lemongrass Wild Rose (\$8), said to boost immunity. Hoping for a white Christmas? Drink up Royal Snowflakes (\$25), a kind of white tea with fruity, muscatel notes. Want something that matches the tree? Performance teas open up to put on a spiky, pine-like show.

Most folks still pair their cups with finger sandwiches and pastries, but with advanced notice, the Hyatt can provide healthier options, such as fruit. Although no one will put you on the naughty list for having one measly scone.

VICKY HALLETT (EXPRESS)

EATING IN

Fresh Herb and Panko-Crusted Tilapia Fillets

30 MINUTES; SERVES FOUR

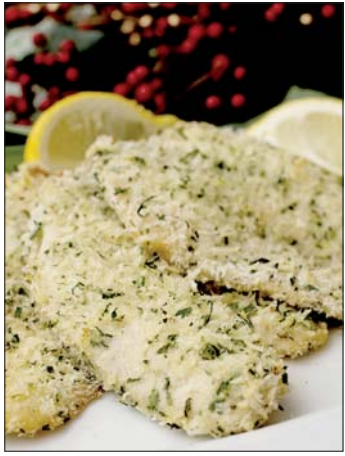
INGREDIENTS

- **OLIVE OIL** cooking spray
- **1/4 CUP** buttermilk
- **1/2 TSP** salt
- **1/4 TSP** ground black pepper
- **1 1/4 POUNDS** tilapia fillets
- **2 CUPS** panko (Japanese-style) bread crumbs
- **2 TBSP** finely chopped fresh flat-

- leaf parsley
- **1 TBSP** finely chopped fresh basil
- **1 TBSP** finely chopped fresh oregano
- **1 TSP** garlic powder
- **1 LEMON**, cut into wedges

PREPARATION

1. Place a rack in top third of oven. Heat the oven to 425 F. Set a wire rack on a baking sheet and coat it with cooking spray.
2. In a bowl, whisk together the buttermilk, salt and pepper. Add fish fillets and turn to coat evenly.
3. In a shallow bowl or pie plate, com-



bine the panko, parsley, basil, oregano and garlic powder.

4. One at a time, dredge each piece of fish through the bread crumb mixture, coating both sides evenly. Arrange the fish on the prepared rack. Coat evenly with cooking spray on all sides.
5. Bake for 12 to 15 minutes, or until the panko coating is golden brown and crisp, and the fish is opaque at the center. Serve with lemon wedges. (AP)

361 calories, 36 g protein, 41 g carbs, 6 g fat, 9 mg cholesterol, 71 mg sodium, 3 g fiber

fit

STETHOSCOPE



ISTOCK

LIFE EXPECTANCY

Home of the Brave

■ Location isn't merely the most important thing in real estate — it's the most important thing in your life. According to a study conducted by a team at the University of Massachusetts Medical School in Worcester, residents of poor neighborhoods may kick the bucket sooner than people who live in fancier neighborhoods (above), no matter what they eat or how much they exercise.

BIOCHEMISTRY

Not Raging Hormones

■ Testosterone has a rep for encouraging violence, when, really, the male sex hormone merely makes one more status-seeking. According to a study in *Nature*, women in a money-distribution experiment were given either testosterone or a placebo, and the ones in the former group were actually more fair in their actions than ones in the latter. And when some of the women were told they had received testosterone (whether they had or not), they behaved more aggressively.

PSYCHOLOGY

Living (Well) Single

■ What's wrong with people who make it to 40 without tying the knot? Maybe nothing, according to a study published in the *Journal of Social and Personal Relationships*. Although they have fewer social resources than their coupled off counterparts, they score high in terms of psychological resources (like a feeling of control over their life and self-sufficiency).



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Attention High School Students

APPLY NOW FOR THE 2010 URBAN JOURNALISM WORKSHOP

As part of The Washington Post Young Journalists Development Program, we have partnered with the Washington Association of Black Journalists to give high school students in the Greater D.C. area an inside look at careers in journalism. Professional journalists from The Washington Post, the Associated Press, National Public Radio and other media companies serve as mentors. Over the course of the workshop that meets for eight consecutive Saturdays, our experts train students in the basics of real-life journalism through one of three media—newspaper, radio and TV. Students then produce a newspaper, and a television and radio news program. There is also an online component to each medium. Scholarships are awarded to seniors who have excelled during the workshop, showing strong research, reporting and writing ability. (There is no fee to apply or attend.)

When:

- February 27 - April 24
9:30 a.m. — 4:00 p.m.
Students will meet at various sites in Washington, D.C.

Eligibility:

- High school students attending schools in the Washington, D.C. Metropolitan area. All interested students are encouraged to apply.

Requirements:

- An interest in a journalism career and a command of the English language. Students must attend all eight Saturday sessions. Interested students must submit a written application, including writing assignments, parental/guardian approval and two recommendations from high school teachers and/or newspaper advisers.

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One scholarship of up to \$1,000 each for a radio and TV student.
Scholarships will be based on an essay, stories produced in the workshop, class attendance and participation in all eight sessions.

Deadline:

- Completed applications should be addressed to:
The Washington Association of Black Journalists
P.O. Box 77130
Washington, D.C. 20013

Applications must be postmarked by Saturday, January 16, 2010.

Students who are accepted will be notified the week of February 1, 2010.

To Apply:

- Download applications from www.ujwonline.org.
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For more information:

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lorriegrant@yahoo.com

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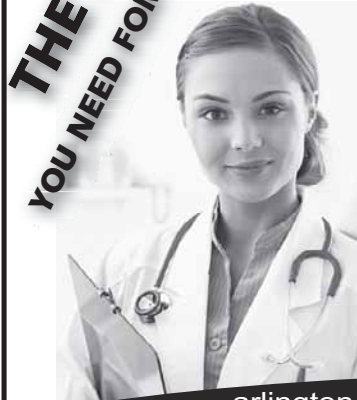
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Born Famous

Reality star Kourtney Kardashian welcomes her first child, a boy **31**

Sound **Bets**



Soul Mining

After all the rare American soul records have been sampled, flipped and repackaged as hip-hop songs, where can producers go for new inspiration?

If you're Jay-Z or Kanye West, you have an assistant point your browser to Pitchfork.com and see who's hot in indie rock. But if you're a hard-core

hip-hop head, there's still a whole world of sound to plunder. While the world-music-gone-hip-hop concept isn't new — Jay even spit on a Punjabi MC beat —



By
Christopher
Porter

two artists on the Stones Throw label tend to mine soul better than most.

Madlib, above, is the more famous one, in part because he's constantly releasing music, including 2007's "Beat Konducta in India," which samples mid-'70s Bollywood jams. But Madlib's younger brother, Oh No, has trumped his sibling with the new "Dr. No's Ethiopium," a psychedelic hip-hop record featuring '60s and '70s Ethiopian jazz and soul samples from the enormous record collection of DJ Egon (a honcho at the Stones Throw and Now-Again labels). Its predecessor, "Dr. No's Oxperiment," features Turkish- and Lebanese-inspired beats, but the even darker and funkier "Ethiopium" feels like an unearthed gem from the other side of the world.

She's Miss Independent

Alicia Keys struts her single lady stuff on the contemporary 'Element of Freedom'

CD Review

When Alicia Keys debuted in 2001 with "Songs in A Minor," she seemed to come from another time — namely, the 1970s. The 19-year-old classically trained pianist and one-time Columbia student carried herself with poise and swagger, and her tendency toward cornrows and floppy hats owed more to Pam Grier than to Destiny's Child.

Throughout the 2000s, Keys has grown increasingly more contemporary, for better or for worse. Her



The Element of Freedom

Alicia Keys

brashness seems more subdued, her piano playing has become less and less prominent, and the nods to '70s soul now jostle with expensive, futuristic beats by name producers. In 2007, "As I Am" made her sound like any other R&B singer, and at times her fourth studio album, "The Element of Freedom," threatens to buff away her eccentricities altogether.

"Love Is Blind" opens the album at a plodding gait, setting her subtly distorted vocals against a blocky, clunky beat that promises a somberly self-serious album. About half the album delivers on that promise.

At her best, Keys makes effortlessly inventive soul that bristles against conventions. The piano-driven "Doesn't Mean Anything" lets some air into the production.



Her Words

Inspiration Found

In an interview with the Wall Street Journal about her new album, Keys dished on "That's How Strong My Love Is," one of her favorite tracks from the record. "I love that song. It's so crazy how a song comes together, what a long journey it can be," she says. "I had this piano melody, and I was messing with it. I loved it so much. I was, like, 'Man, what's with this song? What belongs here?' Then nothing. No words. Then I was in Bulgaria — yeah, Bulgaria — at a friend's wedding, and it all started coming together even more. The emotion of love was so present there." (EXPRESS)

Twenty years ago, "This Bed" and "Try Sleeping With a Broken Heart" would have been obvious Prince co-writes. "Try Sleeping" proves one of her most commanding performances on "Element," switching from breathily despondent verses to a chorus that's almost heartbreaking.

"The Element of Freedom," if you haven't guessed already, is a breakup album, which gives these songs thematic if not musical consistency. It's an intriguing piece of pop storytelling, as Keys is not interested in who-said-what recriminations but in finding a way to define herself outside the relationship. That gives "Element" more nuance and impact than her previous albums, and proves that she can mature as a person and as an artist without losing her edge.

STEPHEN M. DEUSNER

expressnightout

To hear some of Alicia Keys' new tracks, please visit expressnightout.com



1 Mad Scientist
You might think it was a poor idea to take one of the most perfectly silly comedies ever filmed and turn it into a big, boffo musical. And to that we say: yeah, maybe. Nothing can stack up to the original "Young Frankenstein," but the cast of the musical version (including the always-stellar Roger Bart) sure makes a go of it. **F.Z. Kennedy Center, 2700 F St. NW; through Jan. 10, \$37-\$150; 202-467-4600, Kennedy-center.org. (Foggy Bottom)**

2 Summer Wonderland
We're already tired of all the Christmas-y exhibits. Fake snow, pine trees, jolly trains — forget it; we want summer again. For a taste of warmth that'll probably just make you more upset when you have to leave it, try the Botanic Garden's "Hawaii" exhibit, where you can glory in tropical plants that you'll never see in D.C. **F.Z. U.S. Botanic Garden, 100 Maryland Ave. SW; permanent, free; 202-225-8333, Usbg.gov. (Federal Center SW)**



3 Keeping It Quiet
Everybody loves a mystery, which is the primary draw of "Telling Secrets" at the National Museum of Women in the Arts. Art criticism has taught us that people assign secret meanings to everything — but this is one place where you're actually supposed to do so. **F.Z. National Museum of Women in the Arts, 1250 New York Ave. NW; through Jan. 10, \$10, \$8 students and seniors, free for those under 18; 202-783-5000, Nmwa.org. (Metro Center)**

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Look for site highlights in today's Express.

TV tonight **lookout****Best Bets****CBS**
8:00

NCIS When the enlisted son of a retired colonel-turned-preacher (Joe Regalbutto) is found dead, the team thinks he may be the victim of a hate crime. At home, Gibbs tries to get to the reason behind his father's recent change in behavior while the latter is visiting.

A&E
9:00**Psychic Kids: Children of the Paranormal**

This series revolving around kids with apparent psychic abilities opens a new season with teenagers Travis and Vicki teaming up with a private investigator to try to shed light on a missing-person case.

A&E
10:00**Paranormal State**

Ryan Buell and his Paranormal Research Society team return for a new season with a spooky episode wherein they discover deaths took place inside the home of a couple who have been seeing apparitions and thinking and acting in self-destructive ways. (TRIBUNE MEDIA)

COOKALONG LIVE**The Scary Culinarian****FOX**
9:00

Best known for his hot temper, Gordon Ramsay is also a world-renowned chef. Tonight on "Gordon Ramsay: Cookalong Live," he promises to patiently teach America to prepare a three-course meal. Ramsay insists that by the end, you'll be able to make an angel-hair pasta appetizer, Steak Diane with sauteed veggies as the main course and tiramisu for dessert. **KEVIN MCDONOUGH** (UNITED FEATURE SYNDICATE)

**Family Fare****They're Alive!**

Exhibits come to life in "Night at the Museum" (8 p.m., FX), much to the alarm of a security guard (Ben Stiller) who finds himself the target of extinct creatures, in director Shawn Levy's hugely popular comedy-fantasy. (TRIBUNE MEDIA)

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Poll Center

Today's Question

PRESIDENT OBAMA SAYS HE DESERVES A B-PLUS FOR HIS FIRST YEAR. DO YOU AGREE?

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Monday's Results

DO YOU THINK THE UNITED STATES WILL EVER ELECT A GAY PRESIDENT?



"Of course. I bet if you asked 50 years ago if we would ever have a black president, the answer would have been a resounding no. We may take awhile, but, eventually, we evolve."

COMMENTER JEV

"People once thought we would never elect an African-American president, but we did. People once thought we would never elect a woman president, but one got very close. We will elect an openly gay [person]."

COMMENTER KYLE F.

SEE HOW YOUR METRO STATION VOTED AT WWW.EXPRESSNIGHTOUT.COM



"No, Mel Gibson is not directing Leonardo DiCaprio in a live-action version of 'The Adventures of Asterix,' but I imagine that would be just as cool."

— WEAREMOVIEGEEKS.COM IS LOOKING FORWARD TO A NEW FILM REPORTEDLY IN THE WORKS IN WHICH DICAPRIO WILL PLAY A VIKING.



"The Twelve Days of Christmas' has just taken on a horrible new meaning if you're a British Airways passenger who is planning to fly anywhere over the holiday period."

— BITTERWALLET.COM THINKS A PROPOSED 12-DAY STRIKE BY THE AIRLINE'S WORKERS STARTING DEC. 22 WOULD BE DISASTROUS FOR TRAVELERS.



"Frankly, I'm surprised the megalomaniac didn't give himself an A+. Must be that famed humility of his preventing him from doing that."

— JAMMIEWEARINGFOOL.BLOGSPOT.COM REACTS TO PRESIDENT OBAMA'S GIVING HIMSELF A B+ GRADE FOR HIS JOB SO FAR IN THE OVAL OFFICE DURING AN INTERVIEW WITH OPRAH WINFREY AIRED SUNDAY NIGHT.



"Surely, you didn't think the Michael Jackson tribute blitz was going to suddenly stop after the BET Awards, the MTV Video Music Awards, the American Music Awards, Janet Jackson's ABC interview or even the creepy DNA-sampling cologne, did you?"

— IDOLATOR.COM THINKS THE GRAMMY TRIBUTE TO THE POP STAR SET FOR JAN. 31 WAS INEVITABLE.

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puzzles **lookout**

Horoscope

SAGITTARIUS (Nov. 22-Dec. 21) An error made early on needn't set the tone for the rest of the day. Recovery can be quick, and you'll be back on track.

CAPRICORN (Dec. 22-Jan. 19) You want more out of your relationships at this time, but you're not sure what — or who, for that matter, can most oblige.

AQUARIUS (Jan. 20-Feb. 18) You'll want to take the initiative and get things moving in the right direction. No one else seems to know what is possible.

PISCES (Feb. 19-March 20) Confidence is solid, but you may have a difficult choice to make, which can slow you down despite your dedication and ability.

ARIES (March 21-April 19) Others are likely to demand more of you at this time than you are used to — but you should be able to deliver no matter what is asked.

TAURUS (April 20-May 20) Home issues take up much of your time. Strong influences may be pulling you in a direction that requires some careful maneuvering.

GEMINI (May 21-June 20) Don't over-react to something that was completely unintentional on someone else's part. You'll want to forgive and forget.

CANCER (June 21-July 22) Business affairs are likely to be a bit more complicated than you had expected. You know how to navigate some difficult terrain.

LEO (July 23-Aug. 22) You won't be able to get away with the same minor infractions as you have in the past. Those in charge are cracking down a bit more.

VIRGO (Aug. 23-Sept. 22) You'll enjoy a realization that makes everything somewhat easier. What you discover has a lot to do with your self-image.

LIBRA (Sept. 23-Oct. 22) You can afford to be a little more spontaneous at this time. Follow the game plan, but be ready to improvise when the need arises.

SCORPIO (Oct. 23-Nov. 21) You're likely to receive news that has you scrambling to understand how the rules have changed. Money matters come to the fore.

Scrabble Grams

PAR SCORE 145-155, BEST SCORE 203

A ₁	E ₁	E ₁	T ₁	L ₁	S ₁	W ₄

RACK 1

A ₁	A ₁	I ₁	M ₃	R ₁	G ₂	D ₂

RACK 2

A ₁	E ₁	I ₁	T ₁	G ₂	R ₁	F ₄

2nd Letter Double

RACK 3

A ₁	A ₁	K ₅	W ₄	T ₁	C ₃	L ₁

Triple Word Score

RACK 4

Yesterday's Solution

A ₁	M ₃	P ₃	E ₁	R ₁	E ₁		RACK 1 = 10
U ₁	N ₁	A ₁	I ₁	D ₂	E ₁	D ₂	RACK 2 = 61
F ₄	O ₁	R ₁	E ₁	S ₁	A ₁	W ₄	RACK 3 = 76
S ₁	A ₁	U ₁	T ₁	E ₁	E ₁	D ₂	RACK 4 = 58
PAR SCORE 140-150							TOTAL 205

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

			2			3	
7				5	4	1	
				4			8
		3		9			5
	1		5	2		6	
6			4		8		
3			1				
	8	7	6				2
	4			8			

Yesterday's Solution

3	1	2	8	9	4	7	6	5
9	8	4	5	6	7	3	1	2
7	6	5	2	1	3	4	8	9
2	7	1	9	5	8	6	3	4
4	3	9	1	7	6	2	5	8
6	5	8	3	4	2	9	7	1
1	9	6	7	2	5	8	4	3
5	4	3	6	8	9	1	2	7
8	2	7	4	3	1	5	9	6

Need more Sudolku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

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Comics

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POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast



Today: Mainly cloudy today. Becoming partly cloudy tonight.



Tomorrow: Plenty of sun, windy and colder tomorrow. Clear tomorrow night.

Looking Ahead

THU	FRI	SAT
43 29	42 28	39 29

Sun and Moon	Almanac
Sunrise today: 7:20 a.m.	Normal high: 47
Sunset today: 4:47 p.m.	Record high: 70
Moonrise today: 6:43 a.m.	Normal low: 32
Moonsset today: 3:59 p.m.	Record low: 6

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Photo of Francesca Farklany and John Behlmann by Scott Suchman

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lookout puzzles

Crossword

LIMBER UP

ACROSS

- 1 Ripped
- 5 Traffic cop?
- 9 Andy Capp order
- 12 Alda and Rickman
- 14 Inventive thought
- 15 Highly proper
- 16 Tabletop rinsing dish
- 18 Prefix meaning “all”
- 19 As of now
- 20 Abalone eater
- 22 Hook for landing fish
- 24 Cut out of one’s will
- 25 Did a cobbler’s job
- 29 Lapland native
- 30 ____ mode
- 31 The “y” in NIMBY
- 33 Buckwheat porridge
- 36 “Wheel of Fortune” name
- 39 The Holy ____ (Vatican)
- 40 Either of 12-Across, e.g.
- 41 Close with
- 42 Change from wild to mild
- 44 “Center” lead-in
- 45 Shipboard jail
- 47 Medieval strummer
- 50 Bell’s first phone call recipient
- 52 Cantina munchie
- 53 Arrived on the beach, as driftwood
- 55 18th-century undergarment
- 59 Sharp price increase
- 60 Time on one’s hand?
- 62 “How can I ____ repay you?”
- 63 Wight, Man or Capri
- 64 Land along the coast
- 65 Amount after costs
- 66 Summer intern, often
- 67 Wheeled around

DOWN

- 1 Sherman was his veep
- 2 A little of this and a little of that

1	2	3	4		5	6	7	8		9	10	11
12				13		14				15		
16					17					18		
19						20			21			
			22			23		24				
25	26	27				28		29				
30					31			32		33		34 35
36			37	38		39				40		
41						42			43		44	
			45			46		47		48	49	
	50					51		52				
53						54		55			56	57 58
59					60			61				
62						63				64		
65						66					67	

EDITED BY TIMOTHY E. PARKER

- 3 Money in Johannesburg
- 4 Mesh, like gears
- 5 Beak
- 6 Bustles of activity
- 7 Marry again
- 8 French port on the English Channel
- 9 Forceful cajoler
- 10 Hanky material, sometimes
- 11 Eastern potentate
- 13 Biological bristles
- 15 River to the Chesapeake Bay
- 17 Test a model airplane again
- 21 City of Japan
- 23 Abundant meal
- 25 Thumbs-up review

- 26 Spirited self-assurance
- 27 Small carryall
- 28 Visions of sugarplums, perhaps
- 32 Relinquish, as an office
- 34 Rosy anticipation
- 35 Seed covering
- 37 Stormy winter blast
- 38 Absinthe flavor
- 43 Bring into law
- 46 Large wading bird
- 48 Garbage barges
- 49 Some sacred scrolls
- 50 Give up, as a right
- 51 Bedside companion
- 53 “At what time?”
- 54 Accumulate (with “up”)

- 56 Word on a red sign
- 57 A shade of beige
- 58 “____ again ...” (“on the other hand ...”)
- 61 Capitol person?

Yesterday’s Solution

1	A	D	A	R	5	A	B	B	E	9	E	S	C	S			
2	L	I	R	A	6	M	O	R	N	10	Y	A	R	N			
3	B	A	C	K	7	T	O	B	A	C	K	11	E	L	E	E	
4	A	S	H	I	8	E	R	2	T	A	I	12	T	E	T	E	
5	B	A	C	K	9	S	P	A	N	13	G	R	O	O	M	E	R
6	R	I	O	10	H	E	L	O	14	S	E	15	T	Y	P	E	D
7	A	D	I	11	T	Y	E	N	16	T	A	17	E	U	R	O	
8	G	E	N	12	O	18	A	19	T	O	T	20	S	R	I	B	
9	E	L	V	13	I	S	P	R	E	S	21	L	E	Y			
10	O	T	L	14	E	T	22	S	E	P	T						
11	I	S	N	15	O	R	A	P	23	M	O	24	U	S	E		
12	C	O	A	16	T	B	L	O	25	W	B	26	Y	B	L	O	
13	O	L	I	17	S	I	S	A	27	L	B	28	O	D	E		
14	W	E	R	18	C	E	D	E	29	T	Y	30	E	A	R		

Today in History

- 1890** Sioux Chief Sitting Bull is killed in South Dakota.
- 1939** “Gone With the Wind” premieres in Atlanta, Ga.
- 1944** The plane carrying band-leader Glenn Miller, a U.S. Army major, disappears over the English Channel, probably the victim of bombs jettisoned from British bombers returning from an unsuccessful raid.

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**INEVITABLE****We're Surprised She Made It for 17 Years**

A court filing shows the only daughter of Kurt Cobain and Courtney Love has been placed in a temporary guardianship. The filing states Cobain's mother, Wendy O'Connor, and his sister Kimberly Dawn Cobain are now caring for the 17-year-old, Frances Bean Cobain. The filings do not mention Love or give a reason for the guardianship. The mother and sister's attorney called it a private family matter. (AP)

INDIGNITIES**14 Mistresses AND She Has to Pump Gas?**

Tiger Woods' wife, Elin Nordegren, was not only spotted pumping her own gas Saturday — she was seen doing it without her wedding ring on, according to Usmagazine.com. In its print edition, the magazine reported that Nordegren may be moving back to her native Sweden and that she'd previously purchased a \$2.15 million home in Vaxholm in her own name. (EXPRESS)



CHRIS OMEARA/AP

This woman has suffered too much to have to touch a dirty old gas pump.

Hair: Care?**It's the Little Things In Life**

Both Nicole Richie and "American Idol" contestant Kellie Pickler have made important changes in the last two weeks — to their hair. Richie has gone brunette, and Pickler gone back to blond after a stint as a redhead. "I hadn't done it in a few years," Richie told Usmagazine.com. "With the babies, I just really hadn't had time. I'm so used to having that change all the time, and I hadn't done it in about two years, so I was just ready and sick of being blonde! I was ready for a change!" (EXPRESS)



FRAZER HARRISON/GETTY IMAGES

Fashion Do: Wear dresses that make your baby bump look like a projectile.

INFANTS**Baby Off Board**

Kourtney Kardashian and her boyfriend, Scott Disick, welcomed a baby boy early Monday morning. Mason Dash Disick was born at Cedars-Sinai Medical Center in Los Angeles, People.com reported. Mason weighed in at 7 lbs., 6 oz., and measured 19.5 inches. Kardashian was initially conflicted about whether to have the baby. "Kourtney didn't even like kids. I never thought she'd ever want to have a baby," sister Kim Kardashian told Ryan Seacrest last week, adding, "I think Kourt's going to be the most amazing mom." (EXPRESS)

**SIBLINGS****He Could Have Been The Khloe Kardashian Of the First Family!**

President Obama's half-brother in China says he has not accepted requests to be in the movie "Let the Bullets Fly" because he wants to focus on his writing and charity work. Mark Ndesandjo said Monday that he neither evaluated nor accepted a request to be in the film. He says he's busy focusing on his writing and charity projects. Ndesandjo was offered a role as a pastor in the film. Ndesandjo works as a consultant in Shenzhen. (AP)

"I've grown up a lot, and it's time for people to see who I am."



— **TARA REID**, WHO'S SURVIVED BOTCHED PLASTIC SURGERY (SHE'S ALL FIXED NOW) AND REHAB, ON HER NUDE PICTORIAL IN PLAYBOY'S JANUARY-FEBRUARY ISSUE.

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